

Published based on [Know the Signs Symptoms and Causes of Hemorrhoids](#)

Know the Signs Symptoms and Causes of Hemorrhoids

It's good to know about the symptoms of hemorrhoids, as so many people have this problem at one time or another. Hemorrhoids generally occur in middle aged people or older, but it is possible to experience them at any age. In some cases, hemorrhoids will be treated with medical procedures but usually it can be cleared up with a prescription. In most cases, however, home remedies are all that's needed to control hemorrhoids. Watch for the following causes and symptoms of hemorrhoids.

Many people do not know that hemorrhoids are only vascular structures that are there to guide and regulate normal bowel movement. They don't become painful until they get inflamed or swollen. So, when you hear someone talk about their hemorrhoids, they are really talking about the fact that their hemorrhoids are red and swollen. This ailment affects a lot of people, especially the ones that are middle aged or older. At any point in time, about half of the world has a case of hemorrhoids. The causes of this ailment are many, and sometimes hard to pinpoint, but may include constipation, side effects from drugs, sitting too much and pregnancy.

One of the most common signs of hemorrhoids is when you bleed during a bowel movement. This might be painful, which depends on whether or not the hemorrhoids are inflamed. Bleeding that comes from hemorrhoids is severe if there is a lot of blood, which will make you lightheaded and weak. Although hemorrhoids are the most notable cause for rectum bleeding, you should see a doctor if this sign occurs. Other serious conditions exist like ulcerative colitis, anal fissures, polyps and particular types of cancers create rectal bleeding, which is why it is essential that you rule them out.

So are there any [hemorrhoids treatment](#) that can be recommended?

There are times that you should seek out medical attention for hemorrhoids. If, for example, you are taking medication for any other condition, especially anticoagulation medication, you should see your doctor before taking any over the counter remedies for hemorrhoids. You need to get checked out immediately if you start experiencing bleeding on a regular basis. Certain symptoms are commonly associated with hemorrhoids incorrectly. Abdominal pain, for example, should be checked out as soon as possible as it is not a symptom of hemorrhoids. If you are overweight or if your diet lacks fiber, this can lead to you developing hemorrhoids. Other common causes are lack of physical activity and dehydration. These factors contribute to constipation, too, which has been associated with hemorrhoids. Changing certain aspects of your lifestyle will help you avoid future problems with hemorrhoids. Try to get more exercise, drink more water, and eat more fiber. Doing these things will help you control your hemorrhoids symptoms.

As you get older, you may find that hemorrhoids problems happen more frequently. If you pay attention to your diet and get enough exercise, you can control this condition. Treating hemorrhoids can require surgery but only in extreme and rare cases. Hemorrhoids are not life threatening but you don't want them to get worse so they should be treated quickly. The symptoms of hemorrhoids discussed here are fairly common, and in the majority of cases can be handled fairly easily with the right treatment.

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